

Potomac Valley Swimming

Timer Instructions

Thank the Timers. Introduce yourself. Introduce or appoint Chief Timer. Ask for an experienced Timer as a volunteer and explain duties.

Go over “Whistle Starts”, i.e., forward starts: 4 chirps, 1 long whistle; backstroke starts: 4 chirps, 2 long whistles.

If dive-over starts are being used, go over the procedures. (Usually 2 watches/3 timers or 1 watch/2 timer) Always use both buttons whenever possible.

Ask timers to:

- Turn off or mute all cell phones and other electronic devices
- No use of cell phones or cameras behind the blocks. Report anyone you see to the Referee.
- Check names for all swimmers prior to the start of each heat to minimize confusion.
- Do Not ask “Are you Jane” – John will say “Yes”
- If child’s name and the name on the sheet are different change the name on Timer sheet
- If child misses heat send to Referee immediately **DO NOT PLACE IN ANOTHER HEAT**
- Start watch at the instant of the flash (or sound if you miss the flash). Place yourself in a position where you can see the starting device.
- If no swimmer in lane extend arm over block to indicate that to Starter. Start watch even if no swimmer in your lane
- Try to keep noise behind blocks down during starts (other swimmers, coaches, etc)
- Use forefinger to start the watch. Can be anywhere for start (not interfering with Referee or Starter’s line of sight to the swimmers like in between the blocks).
- Check the watch after start to make sure it is running.
- If the start is missed or watch malfunctions, raise hand with watch in it to signal Chief Timer for replacement watch.
- Stand directly over the assigned lane at the finish leaning forward; looking at the wall to watch for underwater touches.
- Stop watch and button (if in use) immediately when any part of the swimmer’s body touches the wall. Don’t worry whether it is a legal finish. Make sure to **note if swimmer misses the pad or if late pad touch.**
- After stopping watch and button, put button down and take two steps back. Allow swimmer to get out of water or the next heat to get ready quickly.
- If using dive over starts record times from one watch after the next heat is started using a second watch.
- Record watch times from each Timer on the sheets in same order. This will help identify any malfunctioning watches.
- Pay close attention to changes in distances, so that swimmers always get times.

Mini-Meets: 25 yard events go to other end of pool.

Long Course Meters: 50 meter events, swimmers start from other end.